



**Together  
we can**

## TALK ABOUT ALCOHOL

### Treatment works

**T**here is growing evidence that Vermont has a serious alcohol problem.

Vermont youth and adults have been found to have rates of heavy and binge drinking that are higher than the national average.

### Did you know...?

- According to the Institute of Medicine's *Broadening the Base of Treatment for Alcohol Problems*, alcohol problems are defined broadly and simply as those problems that may arise in individuals around their use of alcohol.
- For every \$1 spent on substance abuse treatment, it is estimated that there is

a \$7 savings in reduced hospitalization, sick time, accidents, incarceration and other costs to society.

- Recent cost benefit studies have consistently found that benefits to society (i.e., decreased crime, improved health, increased employment, increased overall social functioning) are greater than the costs of addictions treatment.
- More than 8,000 Vermonters received substance abuse treatment in 2004. Of those, 61% were treated for alcohol-related problems.
- The number of Vermonters seeking treatment for substance abuse increased 25% between 2000 and 2004.

### Alcoholism can be treated

Research has shown that individuals who participate in court-referred alcohol and drug treatment benefit as much as voluntary clients. A willingness to enter treatment is not required to achieve successful outcomes.

Research shows that patient compliance with treatment is higher for addictions treatment than with treatment for hyper-tension and asthma. The relapse and compliance rates for addiction are similar to those of diabetes.

- There have been new treatments for alcohol abuse and addiction developed within the last 10 to 15 years. This includes advancements in psychosocial

therapy and the use of medication to help prevent relapse.

- In a national survey of 761,000 persons who perceived an unmet need for alcohol treatment, 24% reported concerns about stigma associated with seeking treatment and 12% reported they did not know where to receive treatment.

Research suggests that one of the primary reasons why individuals do not seek help for their drinking is because of concern about stigma. Today, there is more information available and alcoholism is better understood. Efforts to change the stigma of alcoholism have caused a slight change in public opinion. More needs to be done and everyone can do something to help.

### Getting help if you need it

There may be someone in your home or family who is unable to control their drinking. A list of treatment programs in Vermont can be found at the Vermont Department of Health website at (<http://healthvermont.gov>) in the Alcohol and Drug Abuse section. Treatment for alcohol abuse and alcoholism works.

***April is Alcohol Awareness Month.***



***Together we can talk about alcohol.***

For more information please visit the Vermont Department of Health website at:

**<http://healthvermont.gov>**